

## Paddle Salute

Stroke.

Paddle knock on gunwales, paddles horizontal, blade // to water.

Arms full stretch above head, paddle held still horizontal to + blade // to water.

Paddle extended to a diagonal line in front, arms still and blade // to water.

Dip paddle.

Resume position of arms full stretch above head, paddle horizontal + blade // to water.

Paddle knock on gunwales, paddles horizontal, blade // to water.

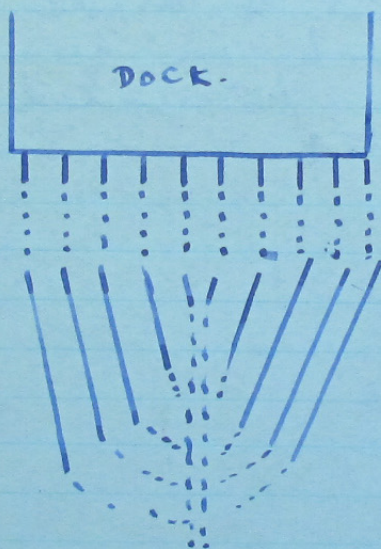
Stroke.



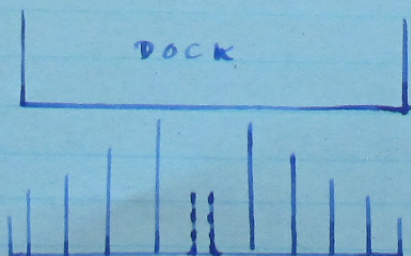
## Canoe Parade.

### 10 canoes.

1. Canoes line up along edge of dock, evenly spaced, facing out, bow and stern paddlers paddling on similar sides, bows - port, sterns - starboard. They move slowly forward paddling in unison, long easy rhythm to a distance of 20 yd.
2. They then turn simultaneously towards a centre line, meeting and continuing in two - centre two leading - distance 20 yd.

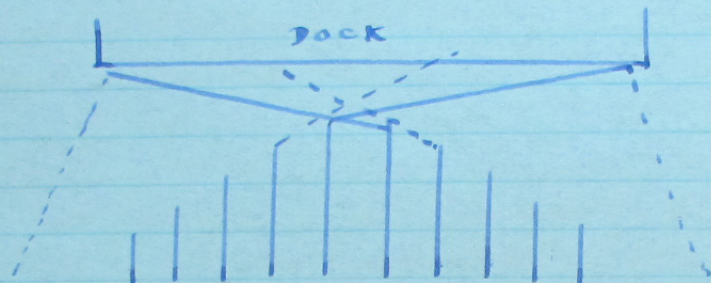


3. Turn alternately left + right at rt. angles 5 left, 5 right. Space, and advance to dock, centre two leading, next two just behind, fan-fashion. Advance 20 yd.

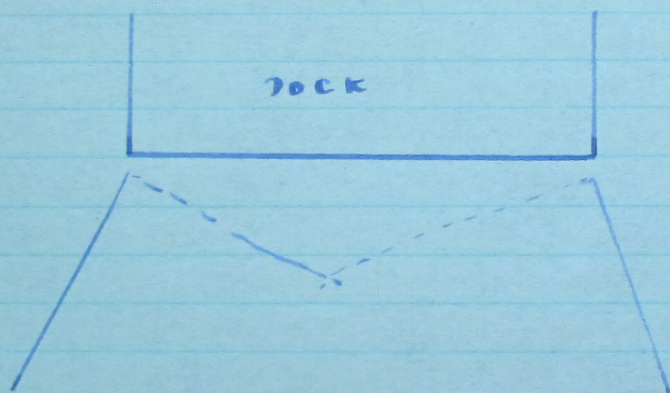




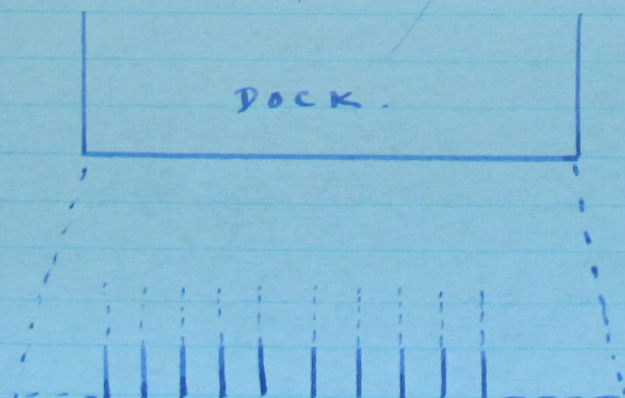
4. Centre two cross to alternate corners and head for the dock. Next two continue & so on.



5. At edge of dock, canoes out out into the water on the diagonal, first two simultaneously, next two etc. Distance - 60 yd.



6. Canoes line up in a straight line facing the dock & parallel to it. Advance 20 yd. shift paddles, advance 20 yd. shift paddles, give camp salute. divide at centre line, 5 to the right, 5 to the left.



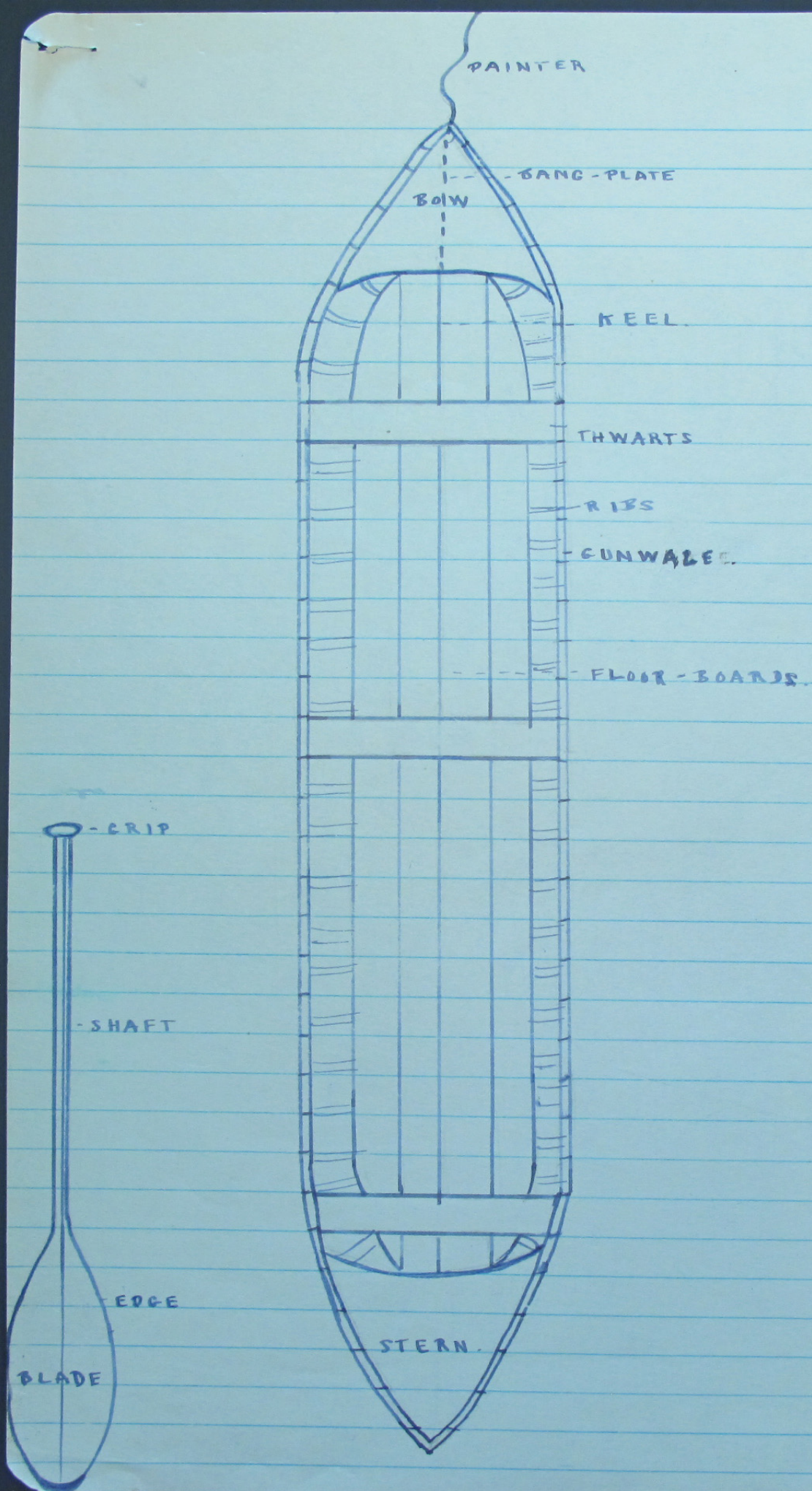


## Observation of Teaching Methods.

### Dock Drill

1. Explain parts of canoe and paddle. Speak briefly about canoes - use, construction, history, etc.
2. Demonstrate canoe stability sequence, and have class do same. (as trope.)
3. Teach straight-ahead stroke, and have practice on dock, port and starboard. Explain paddling, as to where pull comes, stress the right way to paddle, explain balance and control of body in canoe.
4. Explain and demonstrate launching from dock, loading and docking. Have class do same.
5. Preliminary work in canoes.
  - a) Crews of 4.
  - b) Tandem work.
  - c) Single paddling.
6. Teach and demonstrate advanced strokes, have class do same.
7. When class is ready, go through tests, advancing as far as ability of children allows. This includes safety tests.







Canoeing.

Miss Wardley.

● Mer canoe commands.

Ship paddles.

Crew ready to embark. 4-3-5-2-6-1-7.  
Embark.

Numbers 1-3-5 paddling starboard.

Numbers 2-4-6 paddling port.

Shift paddles.

Ready to shift weight AND shift.

Crew ready to backwater AND stroke.  
Let her run.

Ready to hold her AND hold her.

Ready for a port turn AND stroke.  
Let her run.

● To disembark.

Ship paddles.

Ready to shift weight AND shift.

Crew ready to disembark AND  
disembark. 7-1-6-2-5-3-4.

Stern paddler

Uses only two strokes in mer canoing.  
For a port turn (when stern paddler paddles port), she holds the stern stroke; that is holding the paddle edge down, lower hand further out than the upper, lower edge of the paddle held against the water.

To make a starboard turn (when stern paddler paddles port) hold the second stroke. This consists of holding paddle so as the right arm is high and very straight, the left arm low and slightly bent, the paddle on a diagonal line with



the canoe, the blade nearer to the canoe than the shaft + grip. The blade is held slightly against the water in this stroke.

If paddler is paddling starboard, she uses the same two strokes only in reverse order.

To shift paddles in war-canoe.

Shift paddles - stroke

1 - shift paddles.

2 - none

3 - none

Stroke.



Senior  
Junior - Cannery

Advanced

Swim 250 yd.  
Efficient tandem team & stern  
Single pr style  
Landings - diagonal  
head-on  
slip-in

Command crew of 3.

Safety test B.

Pacing turns

Indian paddling

Cannery

Expert

Speed tandem

Cannery double.

Cannery with paddles.

Heathering

Endurance

Safety Test 3.

Elementary

Swim 25 yd.

Launch & dock course

Parts - canoe & paddle.

Boat strokes off dock

Safety parts of canoe

Comp salute & change sides

Paddle to be put & start.

Junior

Swim 100 yd.

Paddle stern - pr & st turn

Tandem pr style

Command crew of 2.

Diagonal & slip-in landings

Safety test A.



## Sailing

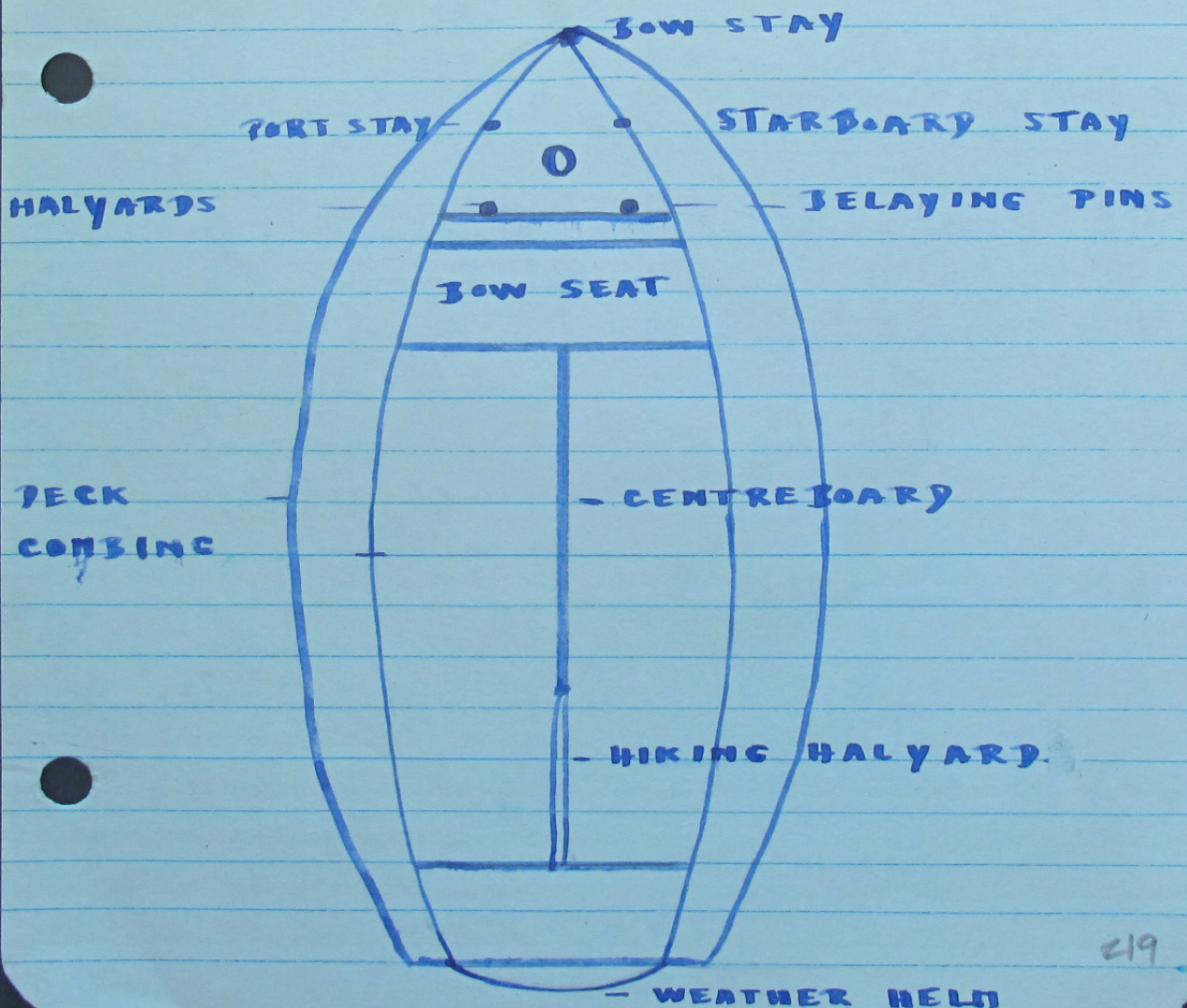
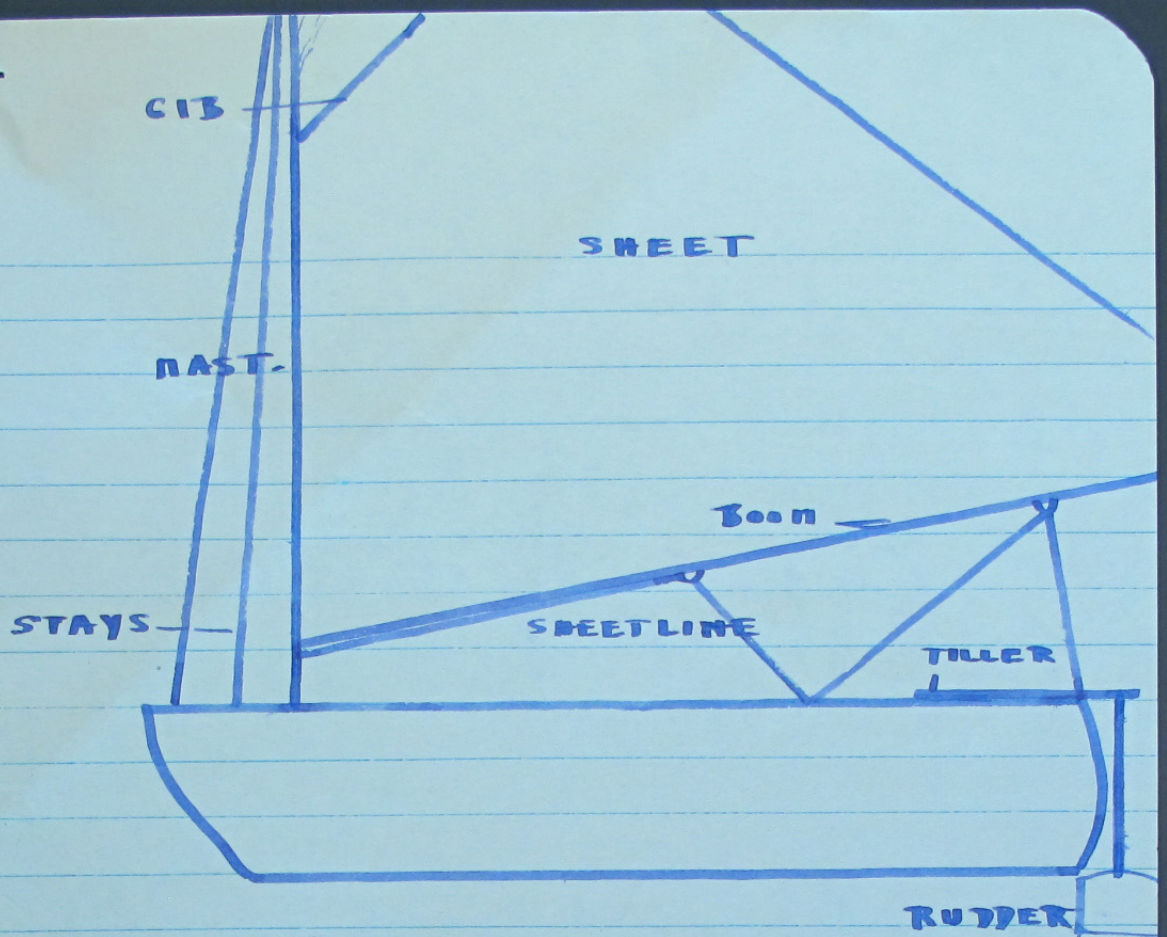
Crew. 100 yd. swim.  
Bail a boat dry.  
Parts of boat.  
Suck the decks.  
Help rig + stow a sail.  
4 points of compass.  
Knots - reef, round turn  
2 1/2 hitches.  
Handle sheet as crew.

## Skippers

250 yd. swim.  
25 parts of boat.  
10 nautical turns.  
Handle sheet + tiller.  
Reef while under way.  
Pick up objects from water.  
5 landings.  
Knots - clove-hitch, fisherman's  
Rules of right of way.

Solo. Sail A course alone.  
Rig + stow alone.  
Jibe alone around buoy.  
Pacing starts (2)  
Semaphore code.  
Binnacle knot.  
Whipping a rope.









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